



# October



| MON                                                                                          | TUES                                                                                                                                                                                                                                                    | WED                                                                                                                                                                                                                  | THURS                                                                                            | FRI                                                                                                                                                                                         |                                                                                                                                         |
|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| <div>MEMBERSHIP<br/>IS NEVER<br/>REQUIRED!</div>                                             | <div><div></div><div>10/23 5-8 pm<br/>Halloween<br/>Mah Jongg!</div><div></div></div> |                                                                                                                                                                                                                      | <div>1</div> <div>10-11 Feel Good<br/>Chair Yoga</div> <div>11:15-12:15 Feel<br/>Good Yoga</div> | <div>2</div> <div>10-11 Tai Chi</div>                                                                                                                                                       |                                                                                                                                         |
|                                                                                              | <div>5</div> <div>10-11 Stretch &amp; Strengthen</div> <div>11:15-12:30 Active Aging:<br/>Strength &amp; Balance</div> <div>12-1 Tai Chi</div>                                                                                                          | <div>6</div> <div>10-11 Qigong</div> <div>11:15-12:15 Feel Good Yoga</div> <div>1-3 Mah Jongg (RSVP \$15)</div>                                                                                                      | <div>7</div> <div>2-4 BINGO</div>                                                                | <div>8</div> <div>10-12 Free Tech Time</div> <div>10-11 Feel Good<br/>Chair Yoga</div> <div>11:15-12:15 Feel<br/>Good Yoga</div>                                                            | <div>9</div> <div>10-11 Tai Chi</div> <div>1-2 Free Neuro-<br/>Challenge<br/>Parkinson Support</div>                                    |
|                                                                                              | <div>12</div> <div>10-11 Stretch &amp; Strengthen</div> <div>11:15-12:30 Active Aging:<br/>Strength &amp; Balance</div> <div>12-1 Tai Chi</div>                                                                                                         | <div>13</div> <div>10-11 Qigong</div> <div>11:15-12:15 Feel Good Yoga</div> <div>1-3 Mah Jongg (RSVP \$15)</div>                                                                                                     | <div>14</div> <div>2-4 BINGO</div>                                                               | <div>15</div> <div>10-11 Feel Good<br/>Chair Yoga<br/>(Upstairs today)</div> <div>11:15-12:15 Feel<br/>Good Yoga</div>                                                                      | <div>16</div> <div>10-11 Tai Chi</div> <div>2-3 Meditative<br/>Sound Bath<br/>\$25 / RSVP</div>                                         |
|                                                                                              | <div>19</div> <div>10-11 Stretch &amp; Strengthen</div> <div>11:15-12:30 Active Aging:<br/>Strength &amp; Balance</div> <div>12-1 Tai Chi</div>                                                                                                         | <div>20</div> <div>10-11 Qigong</div> <div>11:15-12:15 Feel Good Yoga</div> <div>1-3 Mah Jongg (RSVP \$15)</div>                                                                                                     | <div>21</div> <div>2-4 BINGO</div>                                                               | <div>22</div> <div>10-11 Feel Good<br/>Chair Yoga</div> <div>11:15-12:15 Feel<br/>Good Yoga</div>                                                                                           | <div>23</div> <div>10-11 Tai Chi</div> <div>5-8pm Halloween<br/>Mah Jongg</div>                                                         |
|                                                                                              | <div>26</div> <div>10-11 Stretch &amp; Strengthen</div> <div>11:15-12:30 Active Aging:<br/>Strength &amp; Balance</div> <div>12-1 Tai Chi</div>                                                                                                         | <div>27</div> <div>10-11 Qigong</div> <div>11:15-12:15 Feel Good Yoga</div> <div>1-3 Mah Jongg (RSVP \$15)</div>                                                                                                     | <div>28</div> <div>2-4 BINGO</div>                                                               | <div>29</div> <div>10-11 Feel Good<br/>Chair Yoga</div> <div>11:15-12:15 Yoga</div>                                                                                                         | <div>30</div> <div>10-11 Tai Chi</div> <div></div> |
| <div>Classes are a \$20<br/>drop-in fee or 1<br/>class pass unless<br/>otherwise noted</div> |                                                                                                                                                                                                                                                         | <div><div></div><div>FREE Tech Time!<br/>2<sup>nd</sup> Thursday<br/>each month<br/>10am - 12pm<br/>Walk-ins Welcome!</div></div> |                                                                                                  | <div><div> 25</div><div>Meditative Sound Bath<br/>Friday, 10/16 2-3pm<br/>RSVP appreciated</div></div> |                                                                                                                                         |

KEY: 2<sup>ND</sup> FLOOR VIA STAIRS SHOOK FELLOWSHIP HALL SANCTUARY FRIENDSHIP GARDEN / OUTSIDE